

# PREPARE to place

**1. STEP ONE: GO TO PRACTICE.** “We have a pre-workout warmup, which is like an easier warmup, and then we have our normal warmup. On workout days we have warmups and then we’ll get right into the workout and we’ll have a cooldown afterward,” Vivian Mann ‘24 said.

**2. STEP TWO: GATHER YOUR GEAR.** “If I have a meet on Friday, definitely by Wednesday I want to make sure I know everything I need to know going into it. I like to make sure I have all my equipment ready to go: running shoes, water bottle, my watch. I make sure it’s all pulled out and ready to go,” William Mirenda ‘23 said.

**3. STEP THREE: EAT WELL LEADING UP TO THE MEET.** “I start getting ready the day before making sure I get lots of carbs and making sure I’m drinking enough water. Then the day of the meet, I will drink lots of water and eat pretty healthy. Stuff like a smoothie, salad, nothing too heavy,” Avery Myhra ‘24 said.

**4. STEP FOUR: GET THERE EARLY FOR WARMUPS AND STRETCHES.** “Before a meet, we get there about an hour and a half early. We do our warmups, we do the full routine and then we put on our racing shoes and we get on the line,” Jayden Royer ‘22 said.

**5. STEP FIVE: GET INTO A GOOD HEADSPACE.** “I feel like listening to music is important before a meet because it helps me get into that mindset. I also like to think of goals I’ve set for myself while I’m running because it’ll help do better and I’ll have a good mindset while running,” Sage Berquist ‘24 said.

**4. PASS, DON'T PACE:** At the Sept. 11 home race, Sage Berquist ‘24 wins for the first time in her high school cross country career. Berquist was one of six runners on the women’s team to place in the top ten. “I get nervous. I get some form of nerves before every single meet because I want to do my best. I kind of want to be nervous so I can change that energy into excitement when I’m running,” Berquist said.

**5. FIGHT TO FINISH:** Nearing the finish line, Vivian Mann ‘24 runs at her first varsity invitational meet. According to Mann, the best part of a meet is the team’s support. “The energy is usually really good because our team is always positive around each other. It’s important that I tell myself positive things. If we get to a meet and I tell myself I’m going to do good, I feel like I perform better,” Mann said.



PHOTO BY: ALEXANDER VIGIL



PHOTO BY: GAVIN WEISKOPF

## CROSS COUNTRY RACERS BREAK DOWN HOW THEY GET READY FOR RACES



PHOTO BY: GAVIN WEISKOPF



PHOTO BY: ALEXANDER VIGIL



PHOTO BY: GAVIN WEISKOPF

**1. MAY THE COURSE BE WITH YOU:** At the Wolverine Invite on Sept. 11, Jayden Royer ‘22 sprints the last 200 meters of the course. Royer made a tradition of taking the moments as he was lacing up his running shoes to get himself into the right frame of mind to compete. “The process of stretching and putting my shoes on is really important because whenever I put my racing flats on- that’s when I know it’s time to race,” Royer said.

**2. WARM UP OR WEAR OUT:** After running at the third meet of the season, Avery Myhra ‘24 catches her breath. Warming up before a meet was one of the most important steps that Myhra took in her preparation to run. “The most important thing to do before a meet is to really make sure that you focus on warmups and relaxing so that you just have fun. I’d say warmups are pretty important and they give me something to focus on,” Myhra said.

**3. LESS STRESS, MORE SUCCESS:** At a home meet, William Mirenda ‘23 runs in preparation for the pre-state race. Mirenda considered a positive headspace crucial to running a good race. “When I’m not as stressed and have less anxiety I perform better. If I’m constantly worrying about my time or whatever I find that I don’t do as well,” Mirenda said.

## just be cheerful

CHEER STUDENTS EXPLAIN THE PROCESS OF GETTING PERMISSION TO CONTINUE TO CHEER



PHOTO BY: GAVIN WEISKOPF



PHOTO BY: GAVIN WEISKOPF

**he SAID** “Everyone was just really excited to all be back together after months of not being able to practice. We weren’t able to stunt right away, but it was nice to see everybody. We all had to spread ourselves out six feet apart and wear masks. We were cleared to stunt and practice inside the school. We have not been given the okay to travel to nationals, but we’re glad we can be together,” Peter Rejman ‘22 said.

**she SAID** “We could cheer during the summer but we had to stay six feet apart and we had to just do cheers and tumbling. Slowly but surely, we got more cleared to do other things and now that we can make contact, I like it a lot more. We’re doing masks and everything, trying to be safe. We have a lot of potential and talent this year and I’m most looking forward to going to seeing if we can go to nationals,” Ankara Graper ‘21 said.

THE FOOTBALL PROGRAM HAD TO QUICKLY PREPARE AFTER THEIR SEASON WAS UNEXPECTEDLY MOVED FORWARD

## football MOVED FORWARD

Summer

“The entire summer, CHSAA [Colorado High School Activities Association] was going back and forth about whether [the football season] was going to happen or not. They weren’t sure if we would play a full season or if there would be limitations. Eventually, they said they would push it back to the spring and we would have a modified season,” Haggerty said.

August

“Later CHSAA said they were going to push it back forward because of all the backlash and hate they were receiving. There were all these people on Twitter just going at it with them. I feel like what CHSAA did had to be done in order for people to be quiet and stop going on these rants,” Haggerty said.

September

“One of the coaches had to be quarantined for two weeks and this was about a week and a half before our first game. They were not able to come back until the Monday after the week of the first game, so we had to call the game off. We also had a good amount of kids out anyway because they had to be quarantined, so it was not ideal,” Haggerty said.

Going Forward

“Every week is not guaranteed. At the beginning of any week, there could be an outbreak at our school or our opponent’s school and we won’t have a game.”

blake haggerty ‘22



PHOTO BY: GAVIN WEISKOPF

# end of a streak

**SOFTBALL TEAM BATTLED AGAINST THE DC HUSKIES IN A RIVAL GAME**

**WHO** Castle View played Douglas County in a rival game. Senior Lauren Morrell played her last rival game of her high school career. "For me, the CVDC game is definitely my favorite game of the season. Everyone's energy is so high, and there's just a different feeling when you're playing your rival; it lights a fire inside of everybody," Morrell said.

**WHAT** With COVID-19 affecting the season's length, it means teams have a small window to make playoffs, stay at social distance from each other and wear masks. "COVID-19 didn't affect the actual game. No rules were changed while on the field. However, we had to wear masks in the dugout, do our best to stay six feet apart from one another, and our season was shorter. It was a very strange season to play in," Alexis Rodriguez '22 said.

**WHY** Players like Rodriguez consider the CVDC game to be the most hyped game of the season. "Everyone is so excited to play and aren't focused on anything else. The energy is great with the team and in the audience," Rodriguez said.



PHOTO BY: MADELINE ROBINSON



PHOTO BY: MADELINE ROBINSON



PHOTO BY: JULIAN TANNER



PHOTO BY: JULIAN TANNER



PHOTO BY: MADELINE ROBINSON

**1. AGAINST THE RIVALS:** Up to bat is Emma Bracken '22 against their rival team in one of the season's most important games. For Bracken, the rivalry game is the highlight of the season. "The CVDC game is one of my favorite games because it's always nice to see people from the school there to support," Bracken said. **2. PREPPING TO PITCH:** Mid-pitch, Alexis Rodriguez '22 plays against Douglas County High School. Mentality plays a big role in players' pitching. "Pitching is more about being mentally prepared. I had to block out everything around me and focus on pitching and doing the best I could," Brinley Johnson '21 said.

**3. END OF A STREAK:** Stepping up to bat, Alexis Rodriguez '22 faces the Huskies' varsity softball team. The loss of the game ended their four year winning streak. "This year's game was special to me and most of my senior teammates because if we had won, then we would have gone all 4 of our high school softball years without losing to DC. Although it was close for the majority of the game, unfortunately, we lost," Lauren Morrell '21 said. **4. TEAMWORK:** As she runs to first base, Sydney Kidd '22 faces off against the rival team. With this year's team working together more, it has allowed the team to be more successful. "This year's game was different from last year because the team was able to work together better and we had much better chemistry," Kidd said. **5. GIVING IT YOUR ALL:** Across the highway, Alexis Rodriguez '22 winds up to pitch. With the season being shortened and having new rules due to COVID-19, the team has to give it their all if they want to make it to regionals. "We had to wear masks in the dugout, do our best to stay six feet apart from one another, and our season was shorter so we had to play our best," Rodriguez said.

WITH SOCIAL DISTANCING INSIDE AND OUTSIDE, TOURNAMENTS GET TRICKY

## what a RACKET before



PHOTO BY: GAVIN WEISKOPF



PHOTO BY: GAVIN WEISKOPF



PHOTO BY: GAVIN WEISKOPF

While several sports suffered delays, tennis was one of the lucky few that had their season in the fall. "I was really worried before the tournament that it would be canceled like other events," Seth Laughlin '21 said.

**during** With doubles being close-contact, social distancing is key. "It was hard because you always end up moving quick and end up by each other, but luckily we're outside so social distancing is only like three feet," Laughlin said.

**after** Celebrations and handshakes are an end of game tradition for the team, but with COVID-19, things are different. "We kind of just had to say bye and good game to each other with masks if we were too close," Alexander Rolfson '21 said.

## tough luck BOYS' LACROSSE HAS TO COPE WITH COVID-19 AND ITS EFFECTS ON PRE-SEASON PRACTICES

**Q** How is practice and pre season different this year due to COVID - 19?



PHOTO BY: ARIADNA MARTINEZ RUELAS



PHOTO BY: ARIADNA MARTINEZ RUELAS

**A** "It's weird because normally we'll all be really close and doing stuff in the gym but this year we had to go outside and still wear a mask," Cameron Bemiller '21 said.

**A** "It wasn't that big an adjustment I'm just still happy that we get to actually practice and have a possibility of a full season in the spring," Aidan Cavanaugh '21 said.

## thehoop DYNAMICS WITH PRACTICE IN A PANDEMIC, THE GIRLS' BASKETBALL TEAM STILL DOES NOT STOP THE GRIND

It's strange practicing with masks, but it's all worth it if I still get to go to practice and see my friends. It doesn't stop me from working hard," Annmarie Hollingshead '21 said.

## this is AMOOSING

"I think that it's always fun seeing the cow at the games because he or she whoever is in there always hypes the crowd up and gets everyone in the spirit even if we're losing. It's iconic," Bonnie Hayes '22 said.



PHOTO BY: MAEVE GORMAN

"It's fun to see the crowd react from the sidelines and get so hyped up over something as simple as a mascot. I think it's cool that they sponsor us because it's a big company," Randall Perez '22 said.

"I love it because you have the chance to win free food with the kick thing and when the cow throws gift card to the crowd. The cow also is pretty funny with silly dance moves," Emma Lansdown '22 said.

# a snap into

ON SEPT. 9, STUDENT GOVERNMENT CELEBRATES SENIORS

# SENIOR WEEK



PHOTO BY: ALORA TANCREDE

**Q** HAS ELEARNING AFFECTED YOUR YEAR?

**A** "eLearning has affected my senior year positively. I am just doing some online classes, then I'm graduating in December. I'm not very connected to my grade anymore," Reina Martinez '21 said.

**Q** WHAT IS SENIOR WEEK AND WHY DID WE HAVE IT?

**A** "It's this concept of we made it and were all in this together. It gives us a chance to socialize, be together as a grade, and join something all together," Valentina Hernandez '21 said.

**Q** WHY IS IT IMPORTANT THAT SENIORS GET TO CELEBRATE THEMSELVES?

**A** "All of them put in hard work and deserve a celebration. As far as the atmosphere goes, it was a little hard to get people excited with the weird year we've had, but I think everyone has looked forward to getting to put their handprints on the board," Rettmer said.

**Q** WHAT WAS IT LIKE TO PLAN THE EVENT?

**A** "We did a lot of communicating to plan. There were four student government groups trying to plan the same event. Sometimes things got a little lost in between. Senior week was more of a replacement for senior sunrise," Hernandez said.



PHOTO BY: ALORA TANCREDE

**4. TEAMWORK MAKES THE DREAM WORK:** In the commons, Lindsey Rettmer '22 helps set up the paint station in preparation to celebrate senior week. Student government planned for students to social distance and paint handprints on their pod's board. "Senior week to me is the time to appreciate all of the hard work and fun memories that everyone had. It's a celebration for new beginnings," Rettmer said.



PHOTO BY: ALORA TANCREDE

**2. CELEBRATING SUCCESSFUL SENIORS:** Ready to celebrate her accomplishments, Morgan Johnson '21 chats with her friends and eats a burrito from Santiago's. After senior week, Johnson continued the countdown to graduation. "It's important to celebrate seniors because graduating is a big milestone that everyone works towards," Johnson said. **3. MAKE YOUR MARK:** Valentina Hernandez '21 is ready to paint her hand and leave her mark for the rest of the year. In place of Senior Sunrise, student government created a socially distanced setting for seniors to leave their handprint on the pods' boards. "It's the welcoming into students senior year. It was supposed to take place on the very first day," Hernandez said.

**1. HANDPRINTS TO LAST FOREVER:** By placing a paint-covered hand on her academy's board, Morgan Johnson '21 gets ready to celebrate her last year of high school with her friends. Johnson appreciated the effort made by student government to celebrate seniors despite the challenges posed by the pandemic. "My favorite part was the hand print. I also thought it was cool how they recognized seniors by hanging up pictures of all of us," Johnson said.



PHOTO BY: ALORA TANCREDE

## A GLANCE AT SEPTEMBER

UNEXPECTED EVENTS THAT OCCURRED DURING A MONTH OF CHAOS

**Chadwick Boseman Dies: Aug. 28**

"I remember seeing it on social media and my stomach was just sinking, especially because it was out of nowhere. Something thinking back on now was so amazing was his impact in his short career. It made me so sad learning about his death because it was like multiple punches to the gut at once; his career was going so well, he had always been so humble and relentlessly advocating for his causes, and of course the impact his Marvel character brought to young Black children."

**lily defnet '23**

**Dr. Thomas Tucker Resigns: Sept. 2**

"To be honest, I feel the same. I don't think it makes too big of a difference, since I didn't notice when we had one until now. I hope it gives parents a better chance to start getting more involved with the school system, and what the students are being taught."



PHOTO COURTESY OF DOUGLAS COUNTY SCHOOL DISTRICT

**robert perkins '22**

**Mullen Fire Starts: Sept. 17**



"The Colorado wildfires are really bad. They are leaving our wildlife devastated, killing the natural homes of many animals."

**dominic madonia '22**

**Bomb Threat at CVHS: Sept. 21**

"To be completely honest I wasn't worried about getting blown up, we were a pretty good distance from the school. It was a little nerve-racking hearing the alarm go off and hearing the principal on the speaker."

**bruce garrett '24**

**Covid-19 Cases Spike: Sept. 25**



"My experience with COVID-19 is quite different than other people, due to my autoimmune disease. We just need to be insanely careful with who we see, where we are, and even with what we touch."

**adriana bell '23**

JOSEPHINE DEFNET THOUGHTS ON THE '21 SAYS COLLEGES SHOULD NOT REQUIRE THE SAT

## SAT

"Colleges are rightfully steering away from using standardized tests as measuring points for student success. Hopefully in the future, most colleges won't require any standardized tests so more holistic views of students can take center stage. Instead of punishing students for not being good test takers, they can look at better indicators of students' abilities elsewhere."

**josephine defnet '21**

HUMAN ANATOMY STUDENTS TAKE HOME A FETAL PIG TO DISSECT OVER ZOOM

## swine on the BRAIN

"The importance of learning about the brain is that you could see the difference of each section in the brain. You could find out why our brains work the way they do and how they give nerves to the rest of our body to control our actions." When asked what made the

project difficult, Carpenter said, "It was very weird to dissect a pig in our own home, because if you were at all behind you couldn't ask for help. Also, it was hard to tell the difference between female and male pigs."

**hallie carpenter '22**



PHOTO COURTESY OF: HALLIE CARPENTER

## STRIKING THE RIGHT NOTE

ON AUG. 15, CHOIR STUDENTS HELD THEIR FIRST LIVE REHEARSAL OF THE SEASON



PHOTO BY: MADELINE ROBINSON



PHOTO BY: MADELINE ROBINSON

**mr. heath walter SAID**

"The most memorable moment was to see everyone's excitement, not only for choir, but also for being back. The energy with that was great."

**abigail heppenstall '22 SAID**

"You have to collaborate with an internally new blend every year. We had our new pieces introduced to us, so we began to learn how to work with everyone in our choir to make music."

"My greatest accomplishment in high school has been becoming an NHS co-president," Reese Foy '21 said.



PHOTO COURTESY OF CAMRYN KELLY '22

"NHS has the best community, all the students are so nice and the atmosphere is amazing. It's really fun as well, and a good for college," Jackson Birge '22 said.

"The NHS atmosphere is super amazing and encouraging. I volunteered with quite a few other NHS students at a holiday event which was super fun and rewarding," Emma Landsdown '22 said.